

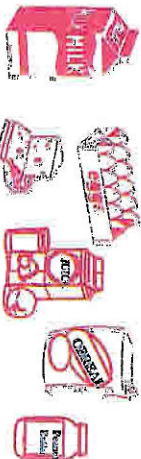
WHAT IS WIC?

The GUAM WIC PROGRAM is a special supplemental nutrition and education program for women, infants and children up to 5 years old.

It is a Health Promotion Program not a welfare program. It teaches you and your family to be aware of your nutritional needs and good eating habits. The Guam WIC Program helps you to be healthy during times of rapid growth. It promotes and supports breastfeeding, helps prevent medical problems and helps lower your health cost.

WHAT DOES WIC PROVIDE?

- ☛ Nutrition group classes.
- ☛ Personalized nutrition counseling
- ☛ Breastfeeding information and support.
- ☛ Food guides for feeding yourself, your infants and your children.
- ☛ Referrals to other federal and local programs.
- ☛ Supplemental foods such as milk, eggs, fortified cereals, 100% fruit juices, dry beans, peanut butter, whole grain bread, brown rice, vegetables and fruits.
- ☛ Infant formula if needed.
- ☛ Infant cereal, infant vegetable & fruit



WHO CAN APPLY?

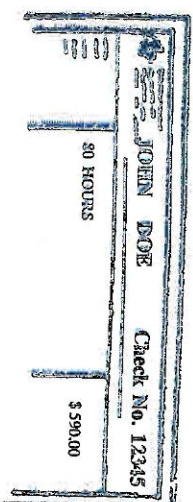
You can apply if you are:

- 1) Pregnant, a new mom or a breastfeeding woman.
- 2) A parent/guardian for a child under 5 years old.
- 3) A parent/guardian for an infant.

WHAT WILL I BRING TO MY APPOINTMENT?

Bring the following to your screening or first appointment.

- ☐ Most recent checkups of everyone working and retired, LES, Eligibility Certification for Medicaid or Welfare or Food Stamp or GHURA contract.
- Any proof of cash income such as child support or tips.



☐ Proof of Residency.

Any document with the caretaker's name and mailing address to show residency.

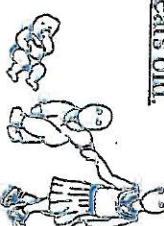
☐ Picture ID of the person applying for WIC.



☐ Birth Certificate of children under 5 years old.



☐ Bring the infant and/or child under 5 years old.



☐ Shot Record or Immunization card for each infant and/or child under 5 years old.



☐ WIC Referral Form if you have one.



☐ For legal guardians, bring court document.



WHERE CAN I APPLY?

For more information and an appointment, please call any of our clinics:

MANGILAO WIC CLINIC

Tel # 735-7180/1
Monday - Friday
8:00am to 6:00pm

DEDEDO WIC CLINIC

Tel # 635-7471/72
Monday - Friday
8:00am to 6:00pm

TIYAN WIC CLINIC

Tel # 475-0295/96
Monday - Friday
8:00am to 6:00pm

STA. RITA WIC CLINIC

Tel # 565-3537
Tuesdays ONLY
8:00am to 5:00pm

INARAJAN WIC CLINIC

Tel # 828-7551 (CLOSED)

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